

October 21, 2009

Dear East Haddam School Community Member,

I received notice today that two of our school members may have contracted *suspected* cases of H1N1 influenza. It is important to note that these cases are *suspected* cases only. No testing confirmation has occurred.

We are currently in direct consultation with the East Haddam Emergency Management Director, Craig Mansfield, and with the director of the Chatham Health District, Thad King. We will continue to closely monitor these conditions and we will continue to provide you with all pertinent information as it becomes available.

So that we can remain focused on a safe and healthy school environment, I ask everyone to carefully review and follow these important guidelines for flu prevention:

- If you or your child becomes ill with flu-like symptoms, it is important that all who are sick remain at home. Reporting to work or to school and coming into contact with others may spread the virus and may prolong your or your child's recovery.
- Keep sick children at home for at least 24-48 hours after they no longer have fever or do not have signs of fever, *without using fever-reducing medicine*. Keeping children with a fever at home will reduce the number of people who may get infected.
- Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.
- Teach your children to wash their hands often with soap and water. You can set a good example by doing this yourself.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with a tissue, their elbow, arm or sleeve instead of their hand.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- Make arrangements for other trusted family or friends to care for your child if they are sick and you cannot be home with them. This plan should not involve possible exposure to other well children.

The Chatham Health District's website, [www.chathamhealth.org](http://www.chathamhealth.org), is the primary site to obtain the most current information about the flu and flu clinics. We have also posted information on our school district website, [www.easthaddamschools.org](http://www.easthaddamschools.org).

On behalf of the students and staff in the East Haddam School district, I thank you for your continued help and support so that we may all stay safe and healthy. Please feel free to contact me with any additional questions or concerns you may have.

Sincerely,  
Ellen W. Solek